Before the Mountains Were Born

Album 23 Song 4

Song 4 From Everlasting to Everlasting

Psalm 90 (Moses' prayer) – Contrast between God's eternity and man's short, fragile life. Teaches us to number our days and gain a heart of wisdom.

Before the earth and world were formed, before the mountains rose,
From everlasting You are God, forever You remain the same.

A thousand years are in Your sight like yesterday when it is past,
Or like a watch within the night that fades away so fast.

You sweep men away like flowing streams, like grass that springs at dawn,
In morning it flourishes and blooms, by evening it is gone.

Before the earth and world were formed, before the mountains rose,
From everlasting You are God, forever You remain the same.

Our years are finished like a sigh, consumed beneath Your wrath,
Our days pass swiftly like a tale, a whisper in the dark.

The days of man are seventy years, or eighty if by strength,
Yet all their pride is toil and grief, soon carried off at length.

Before the earth and world were formed, before the mountains rose,
From everlasting You are God, forever You remain the same.

Teach us to number all our days and gain a heart of wisdom true,
Return to us, O Lord, and let Your servants see Your works anew.

Before the earth and world were formed, before the mountains rose,
From everlasting You are God, forever You remain the same.